

**BY ORDER OF THE COMMANDER,
501ST COMBAT SUPPORT WING**



AIR FORCE INSTRUCTION 10-248

501st COMBAT SUPPORT WING

Supplement 1

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Operations

FITNESS PROGRAM

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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AFI 10-248, 24 May 2005 is supplemented as follows:

This supplement provides additional policy regarding fitness standards for all units assigned to the 501st Combat Support Wing.

This purpose of this supplement to AFI 10-248 is to support the 501st Combat Support Wing (501 CAW) physical fitness program by ensuring Wing personnel meet Air Force physical fitness standards. Without doubt, physical fitness is imperative in today's Expeditionary Air Force. Personnel are often deployed, sometimes on short notice, to support defending our nation at forward locations. Airmen at all levels benefit from consistent and frequent physical activity--it is a critical foundation to our readiness. In addition, this increases the morale, image, appearance, and respect for our fighting men and women. For these reasons, the 501st goal is to set the standard in USAFE for achieving excellence in this area. The following paragraphs outline specific wing requirements for practice testing, managing substandard fitness levels, workout time availability, civilian employee policy, and use of FitLinxx.

2.2. Workout may be conducted on duty time to the maximum extent practical; Commanders and supervisors are expected to make such duty time available, and to support physical training (PT) fully. Members who are in the "Poor/Marginal" categories are expected to contribute off-duty time as necessary and consistent with an active, healthy lifestyle until they have met established fitness standards.

3.5. **Currency.** A vital component of the 501 CSW Fitness Program is regular practice testing of members as a year-round indicator of individual fitness levels. Practice testing enables units to identify individuals potentially "at risk" for unsatisfactory testing results before they test for record, encouraging a more proactive approach to attaining desired fitness levels. It will also enable individuals who scored a "Poor" or "Marginal" on record tests to track progress toward their goal of gaining a "Good" score. The frequency of practice tests is dependent on the individual's fitness level. Unit Physical Training Leaders (PTLs) will administer practice tests and ensure the results are properly documented.

3.5.1. Individuals whose previous practice or official test score was "Good" or "Excellent" will take practice tests on a quarterly basis, no later than the last day of the 3rd month after their previous baseline (e.g. a "Good" practice test in September must take another practice test NLT 31 December).

3.5.2. Individuals whose last practice or official test score was "Poor" or "Marginal" will conduct bi-weekly (once every two weeks) practice testing. They will continue bi-weekly testing until they score a "Good" two tests in a row. In addition to monitoring progress toward improved fitness scores, bi-weekly testing is designed as a confidence-builder when "at risk" individuals are ready to test officially again with a Good score as an objective. Units will encourage members who have "Poor" or "Marginal" official test scores to take an official test as soon as they are confident they can attain a Good score IAW the requirements established by AFI 10-248 (i.e., official testing can not occur until 45 days have elapsed from the last official test for individuals with Poor scores).

5.1. Ongoing Education and Supportive Environment. Unit commanders must proactively assist those individuals whose fitness levels are substandard. Members of the 501 CSW who score "Poor" or "Marginal" must participate in the Basic Fitness Improvement Training (B-FIT) program developed by the RAF Mildenhall Fitness Program Manager (FPM) and their Health and Fitness Center. Unit commanders will ensure this B-FIT training includes:

5.1.1.1. (Added) Mandatory supervised (or structured) cardiovascular workouts five days per week--three times with the unit and twice independently.

5.1.1.2. (Added) Mandatory documentation of each workout on AF Form 1975, *Fitness Improvement Activity Log*, and in FitLinxx. Documentation will be reviewed monthly by the Unit PTLs and/or the squadron commander to ensure compliance.

5.1.1.3. (Added) Assignment of unit PTLs who will provide support, assistance, and accountability of the individual's fitness program.

5.1.1.4. (Added) Other personalized fitness consultations from the Fitness Center as required.

5.1.1.5. (Added) Receiving a "Good" or "Excellent" fitness score on a monthly baseline test will allow the member to be removed from the B-FIT program, although the member will still have to score "Good" or "Excellent" on a baseline test the next month before going on to the quarterly baseline testing schedule.

7.1. Fitness Program Software Application. All units will strongly encourage their military and civilian members to take advantage of the FitLinxx exercise tracking system. As a goal, military members should log 12 or more work-outs in FitLinxx each month unless precluded by illness or medical profile. Individuals who are required to be on a Fitness Improvement Program (FIP) or who are in an "At Risk" category based on their composite fitness score will be required to document their exercise participation via the FitLinxx tracking program no less than 16 times per month unless precluded by illness or medical profile.

8.7. Civilian Employees. The 501 CSW encourages all of its civilian employees to participate in health and fitness programs. Such participation by U.K. Ministry of Defence employees will be governed by host nation rules. Excused work absences by U.S. civilian employees for participation in authorized health and fitness programs are subject to USAFE command policy.

Attachment 1

GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

References

AF Form 1975, *Fitness Improvement Activity Log*

Abbreviations and Acronyms

501 CSW—501st Combat Support Wing

PTLs—Unit Physical Training Leaders

B-FIT—Basic Fitness Improvement Training

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